

Crew Rest

GMT	Crew	Activity
06:00–06:10		Morning inspection
06:10–06:40		Post-sleep
06:40–07:30		BREAKFAST
07:30–10:30		Weekly housecleaning
10:30–10:35	FE-1	UOP RWS cable reconfig
10:30–10:50	CDR, FE-2	IMS tagup (<i>S-band</i>)
10:50–11:30	CDR	Maintenance of COЖ
11:00–12:30	FE-2	Physical exercise (VELO+RED day 2)
11:20–11:30	FE-1	Off-day LAB payload status check
11:30–12:30	CDR	Physical exercise (TVIS-2)
11:30–12:30	FE-1	Physical exercise (CEVIS)
12:30–13:30		LUNCH
13:30–14:00		Weekly planning conference (<i>S-band</i>)
15:05–16:35	FE-1	Physical exercise (RED)
16:20–16:35	CDR	TV ISS/MCC: private psychological conference (<i>VHF</i>)
16:35–17:35		Physical exercise (TVIS-2)
17:55–18:10	FE-2	Private psychological conference (<i>VHF</i>)
18:10–19:10		Physical exercise (TVIS-2)
19:30–20:00		DINNER
20:00–20:30		Daily food prep
20:30–21:30		Pre-sleep
21:30–06:00		SLEEP

Notes:

See OSTP for references to US activities

Task List activity for CDR: URAGAN Earth observations

Task List activity for CDR: DIATOMEA ocean observations

Task List activity for CDR: KROMKA

Task List activity for CDR: window inspection

End of radiogram